



What can I expect at SeaStar's workshops?

Designed for caregivers, SeaStar's workshops offer:

- Practical, relatable information and examples
- Strategies you can use to support your child and yourself
- Safe, private, non-judgmental environment

Format:

- Workshops are *not therapy groups*
- You are not asked to share your story
- Information is presented in 'lecture format', with opportunities for questions

Who can attend?

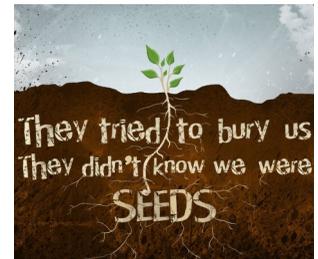
- Caregivers, teens, and adults, and their support persons

WHAT IS TRAUMA?

Trauma is a normal response to a situation our brain reads as dangerous.

When a person is going through an emergency situation, they are responding to a threat. Our brains are hard-wired with an "emergency response system" to help us deal with threats. This is our brains' way of trying to keep us safe in an unsafe situation. In that moment, our brain's main function is to get us through the emergency.

The brain helps us to survive by activating biological reactions involved in the "fight, flight or freeze" response. Adrenaline is released so your body is ready to move: to fight or flee. Your heart rate and blood pressure go up. If you can't fight your way out of the situation, or flee (run away), we "freeze". This is the human being equivalent of "playing dead."



When someone is traumatized by an event (or series of repeated events), they can get "stuck" in the freeze response. The adrenaline and other hormones that are telling our bodies there is an emergency keep flowing. So even when we are safe, our bodies do not really know that we are safe.

There's good news: brain scientists have recently learned a lot more about trauma. There are ways to help our bodies return to "safe" mode. There is much hope for healing. This is particularly true for children as their brains are still growing.

More Information

Below are some great websites dedicated to helping parents of children who have experienced trauma:

- Trauma Resources for Parents – The Starr Network
<https://www.starr.org/training/tlc/resources-for-parents>
- The National Child Traumatic Stress Network
<http://www.nctsn.org/resources/audiences/parents-caregivers>
- Hey Sigmund
<http://www.heysigmund.com/>

Workshop Descriptions

Understanding Trauma

Wed Feb 27 6:30 - 9:00 pm

Learn more about our body's emergency response system, what trauma is, and how it impacts brain development. This workshop is a building block in learning how to support someone who is healing from trauma.

Emotions, Parental Style & Caring for a Traumatized Child

Wed Mar 6 6:30 - 9:00 pm

Supporting a child who has experienced trauma can be challenging. For many caregivers, it can bring up a lot of their own reactions and emotions. Learn to identify how your own hopes, fears, beliefs, and emotions might be impacting your caregiving style, and explore strategies that will help you to support your child.

Introduction to Emotion Coaching

Wed Mar 27 6:30 - 9:00 pm

Learn more about emotions and how to become your child's emotion coach.

Parenting a Stressed Child

Wed Apr 10 6:30 - 9:00 pm

How we support someone is a little different for feelings of worry and anxiety. Learn how these can differ from other emotions, and some ideas for supporting your child to work through their uncomfortable feelings.

Teaching Mindfulness to Young People

Wed Apr 24 6:30 - 9:00 pm

Learn strategies for cultivating groundedness in your home, and ideas for teaching mindfulness to young people.

*Content of these workshops is complementary, attending all five is ideal, but not required. Workshops are **open only to caregivers, teens, and adults, and their support persons***

Spring 2019

	Mon	Tues	Wed	Thurs	Fri
<i>February</i>	FEB 25	26	27 Understanding Trauma 6:30 - 9:00 pm	28	MAR 1
	4	5 Emotions, Parental Style... 6:30 - 9:00 pm	6	7	8
<i>March</i>	11	12	13	14	15
	18	19	20	21	22
	25	26	27 Intro to Emotion Coaching 6:30 - 9:00 pm Cineplex Theatre	28	29
<i>April</i>	APR 1	2	3	4	5
	8	9	10 Parenting a Stressed Child 6:30 - 9:00 pm Cineplex Theatre	11	12
	15	16	17	18	19
	22	23	24 Teaching Mindfulness to Young People 6:30 - 9:00 pm	25	26

Unless otherwise noted, all workshops located at:
 IWK Health Centre, Parker Reception Room

Workshop Details

- All workshops are **free**.
- **You are not required to share your story** at any of these workshops.
- These are not therapy groups. This is an opportunity to listen, and learn skills to help grow your family's healing. There will be an opportunity to ask questions.
- **Registration is required** at least one week in advance.
- Parking passes and bus tickets are available. Please inquire when you register.
- SeaStar's **Accredited Facility Dog**, Dorado, will be present.



Who can attend?

Non-offending **caregivers** of children/youth who have experienced trauma. **Teens** and **adults** who have experienced trauma and would like to learn more about the healing process are welcome. **Support persons** are encouraged, especially for survivors as content may be triggering. Participants should inform us who will be attending when they register.

Helpful Phone Numbers

IWK Central Referral	902-464-4110 1-855-635-4110	Halifax Regional Police (HRP)	
		General Inquiries	902-490-5016
		HRP Victim Services	902-490-5300
Department of Community Services (DCS)		Department of Justice (DOJ)	
<i>Child Welfare</i>		Victim Services	902-424-3307
Dartmouth	902-424-3298	Avalon Sexual Assault Centre	902-422-4240
Halifax	902-425-5420		
Sackville	902-869-3600		
After Hours Emergency Duty	1-866-922-2434		

To register, or for more information:

SeaStarWorkshops@iwk.nshealth.ca

Kathy Bourgeois, MSW, RSW
Child and Youth Advocate
SeaStar Child & Youth Advocacy Centre
902-470-7357

Kathy Copp
Administrative Assistant
Suspected Trauma & Abuse Response Team
902-470-8222